



# Playing a 4-2-5 Defense

Lee-Davis High School  
Confederate Football

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# **Chuck Noll**

**Head Coach  
Pittsburg Steelers  
1969 - 1991**

***If you want to win, do the ordinary things better than anyone else does – day in and day out. We're not going to fool people or outscheme them. We're just going to out play them. Because we'll know what we're doing. When we get into a critical situation, we won't have to think. We'll play fast and fundamentally sound.***



# BUILD

- **The deeper the foundation, the stronger the individual**
  - This applies to life, academics, and football
- **The goal is for each player to be at his best on the final play of his football career**
  - We will build on each rep, drill, practice, and game
  - Constant improvement



# BUILD

- **The product of our profession is BUILDING successful lives**
- **The byproduct of our profession is winning football games**
  - The little things make this possible
- **Our role as coaches is to take our players to a level that was not possible for them to achieve on their own**



# Team Defense

- Desire – Relentless pursuit
- **Team Defense**
  - Know your role, understand your fits
  - Control what you can control
- **Defensive Standards:**
  - 1. Intelligent
  - 2. Hostile
  - 3. Tough
  - 4. Relentless
- Pack Mentality – Takeaways
- Spill Everything – Great Angles (Inside out)



# 4-2-5

- Started as an answer to two TE formations
  - Allowed us to be balanced
- Allows us to be multiple
  - Even Front
  - Under Front
  - Odd Front
- Allows us to get 9 players involved in the run game
  - Our #1 Goal is to stop the Run
- Allowed up to keeps thing simple



# 4-2-5

- **STOP THE RUN**
- We always work to get both Inside Linebackers on the playside
  - B Gap and a Free Hitter
  - Run to daylight
- We always want to force the pass deep and outside
  - Corners play with inside leverage



# Principles of Pursuit

- **Accountability**

- We will be accountable to each other. All members of the defensive team will develop tremendous pride in the great effort that they give on every play.

- **Respect**

- Intense effort will bring about a sense of respect and accomplishment from within. This will create a bond between you and your teammates that is built on mutual respect, and these feelings will permeate through our defensive unit.

- **Aggressive attitude**

- There is no question that intense effort leads to an aggressive style of play. We will take tremendous pride in swarming to the football. This will have an intimidating effect on the ball carrier. Nothing is more demoralizing to a ball carrier than having to un-pile from under five defenders after every play, with the other six defenders forming a wall around him.

- **Confidence**

- The blend of accountability, respect, and aggressive play will lead to a strong synergy within our defense. The combination of these qualities will lead to success and with success comes confidence.





# Base Package

- **Fronts**

- Base – 4-2-5
- Under – Under Front
- Stack – 3-3 Stack

- **Tags**

- G
- X
- Wide
- UP

- **Stunts and Blitzes**

- **Coverages**

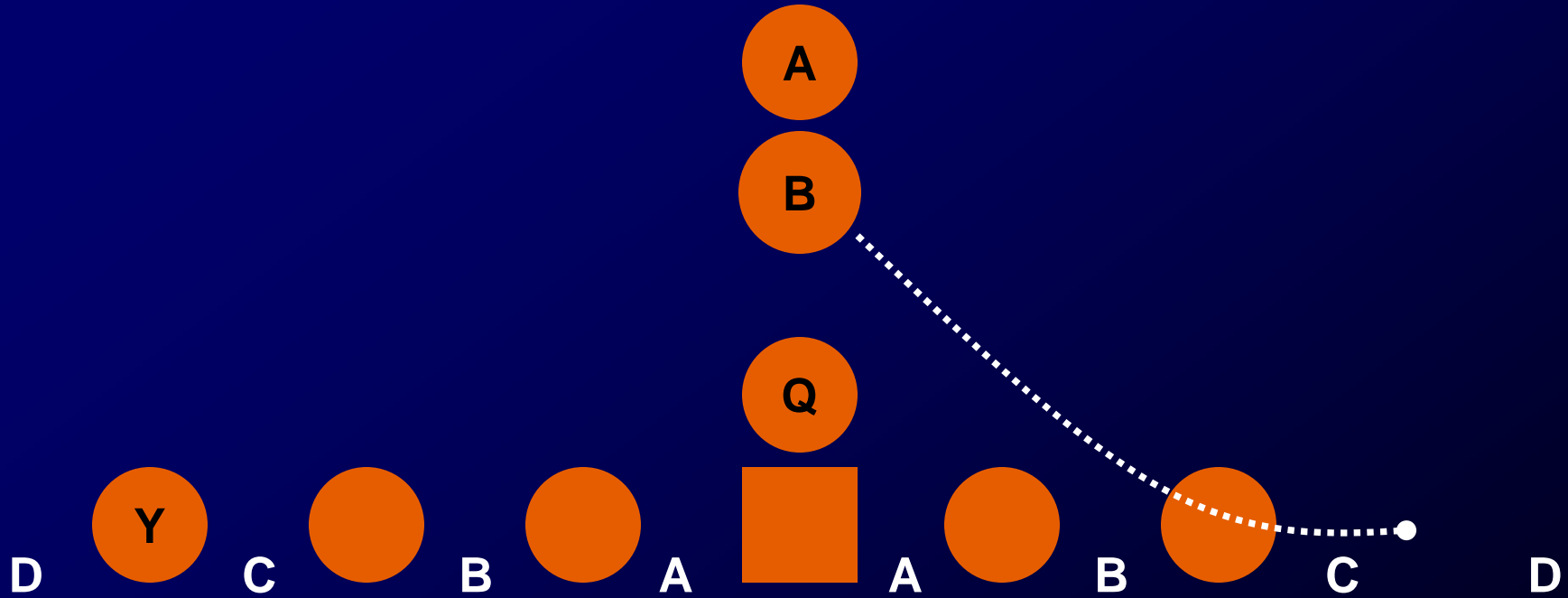
- Cover 3
- Robber
- Cover 4 / Double Robber
- Cover 1 / 0
- Cover 3 Roll (Strong)

- **Disguises**

- Buzz
- Sugar
- Prowl
- Move



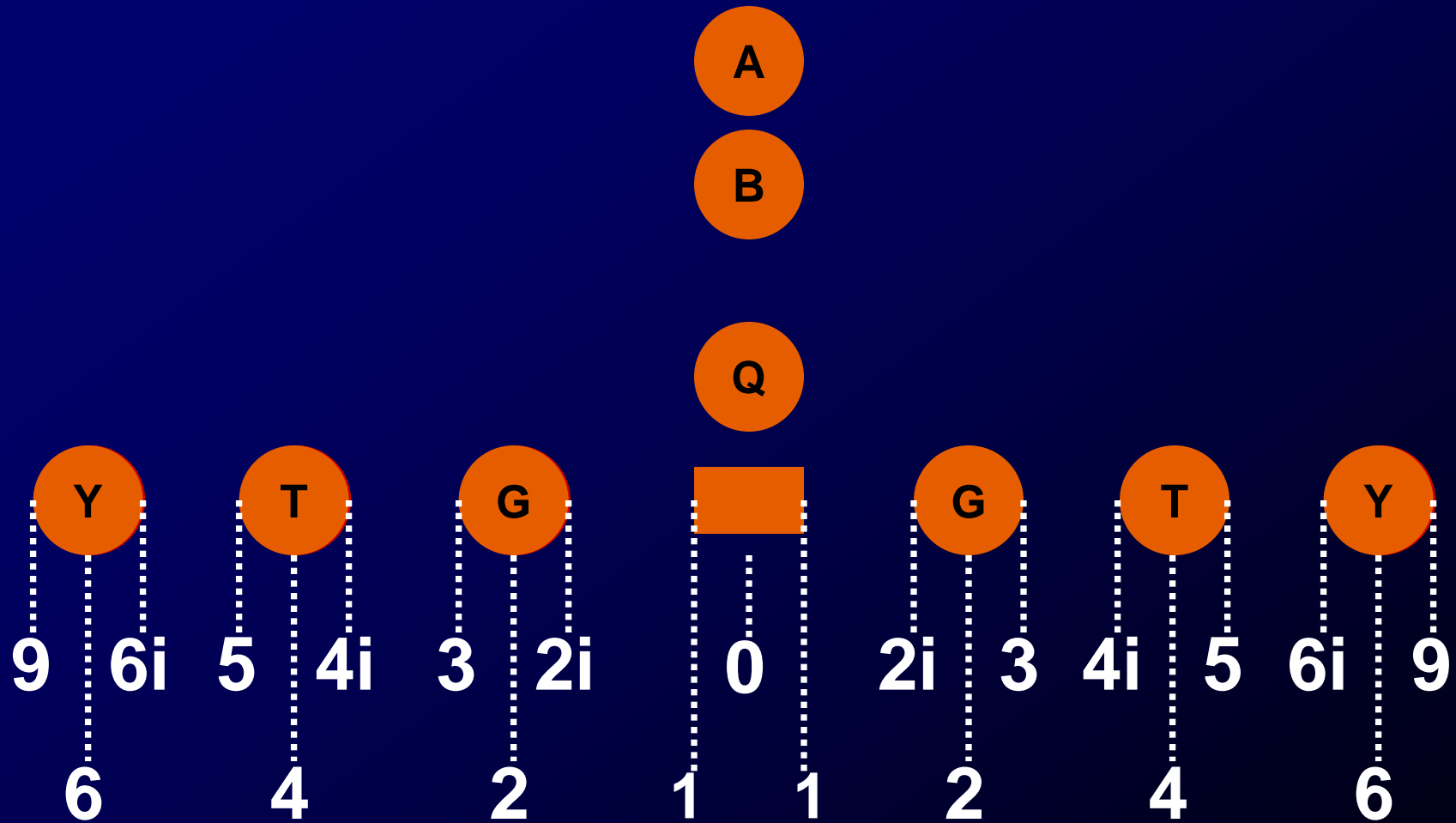
# Gaps



“Lucky” Call



# Techniques



# Communication

- There is no huddle
- Everyone looks for the signals
  - Mike may echo the call to the front
    - Moving away from this practice
  - Dog will give the Down and Distance
- Stud will make a “RODGER” or “LUCKY” call
  - The strength is determined by the TE
  - If there is no TE, then to the side with the most receivers
  - If it is balanced, usually a “LUCKY” call
    - Strength may be based on the back
- There is no separate passing-strength call

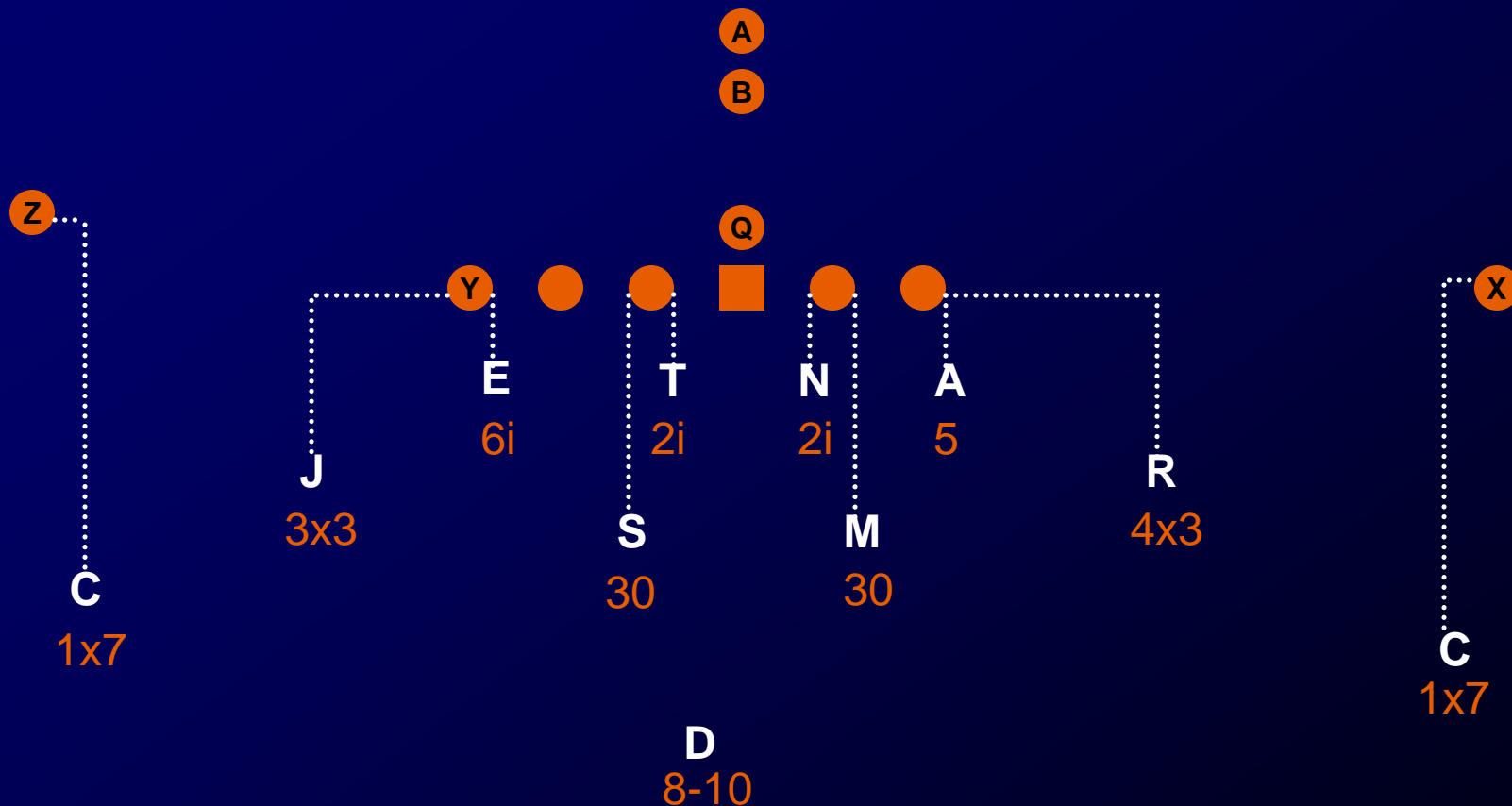


# Base



# Base

vs. Pro



“Lucky” Call



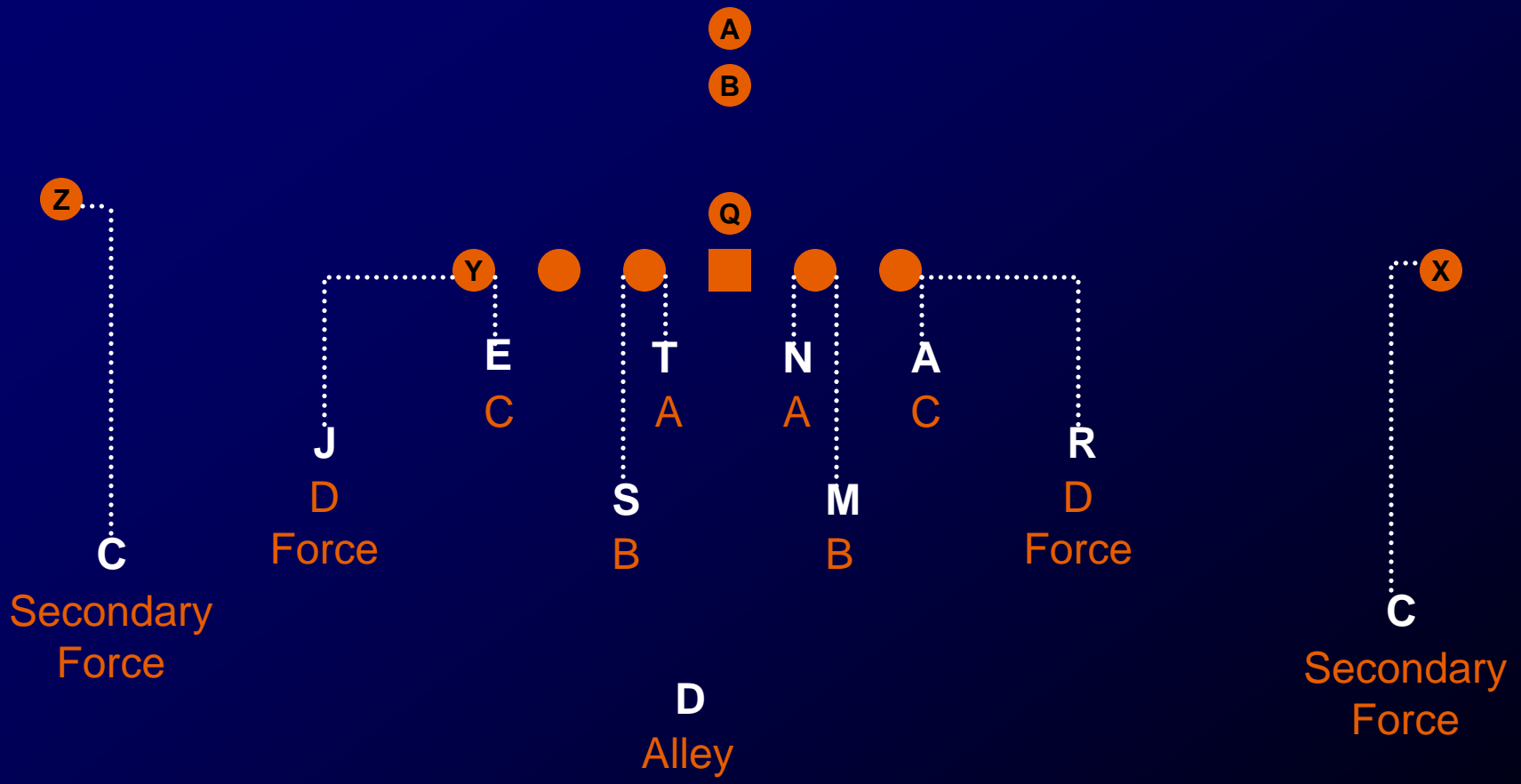
# Base Responsibilities

- **End and Axe**
  - 6i or 5, C Gap, Chase into the line, Dive, O/S Rush lane - Contain pass rusher
  - Axe may cock
- **Stud and Mike**
  - 30, toes at 4, B Gap, Free Hitter, QB, Based on Coverage
- **Dog**
  - 7-8 yards deep
- **Tackle and Nasty**
  - 2i, A Gap, Chase into the line, Dive, I/S Rush lane
- **Jack and Rover**
  - 3x3 or 4x3, Force Player, Fold for Cutback-Boot-Reverse, Pitch
- **Corner**
  - 1x7, inside
    - Depth depends on ability



# Base

vs. Pro



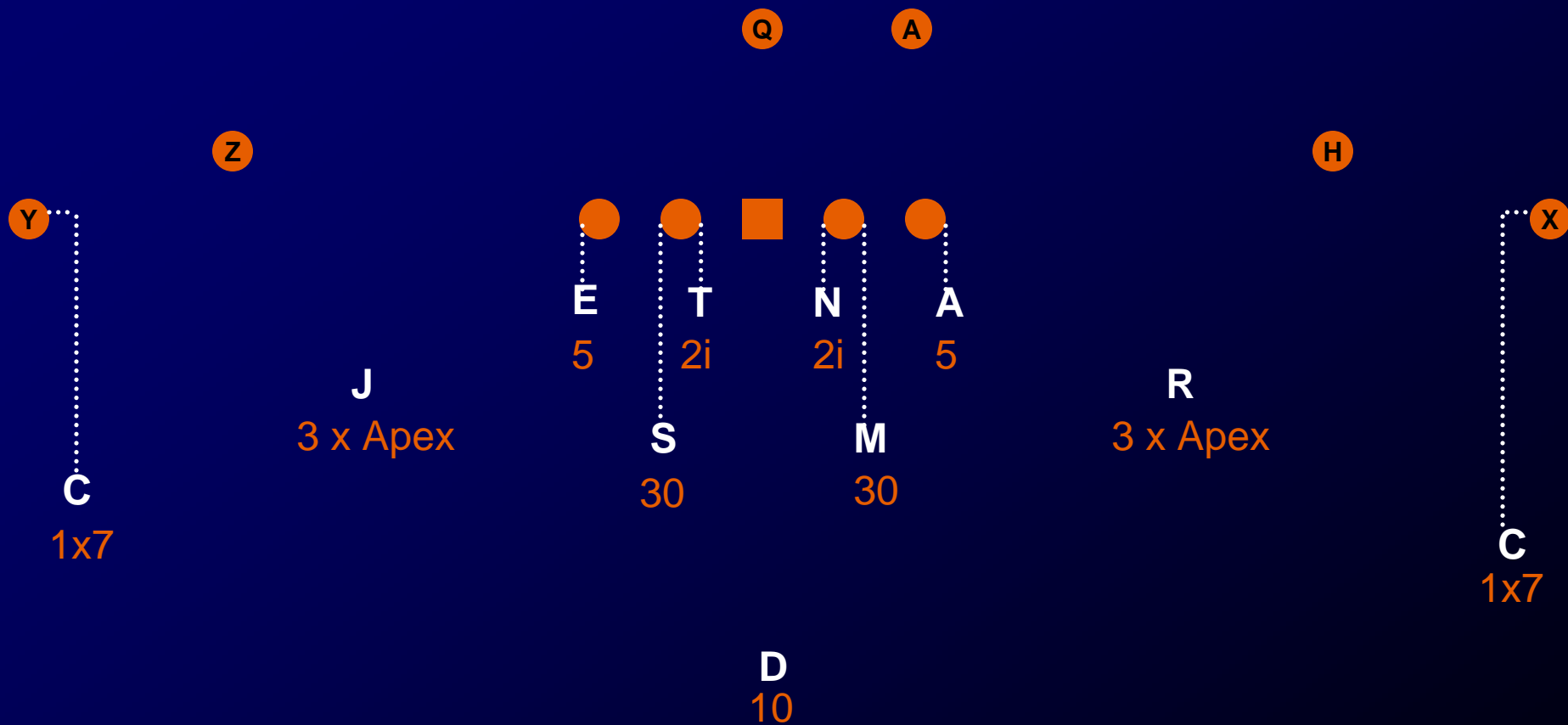
“Lucky” Call





# Base

vs. Spread



“Lucky” Call



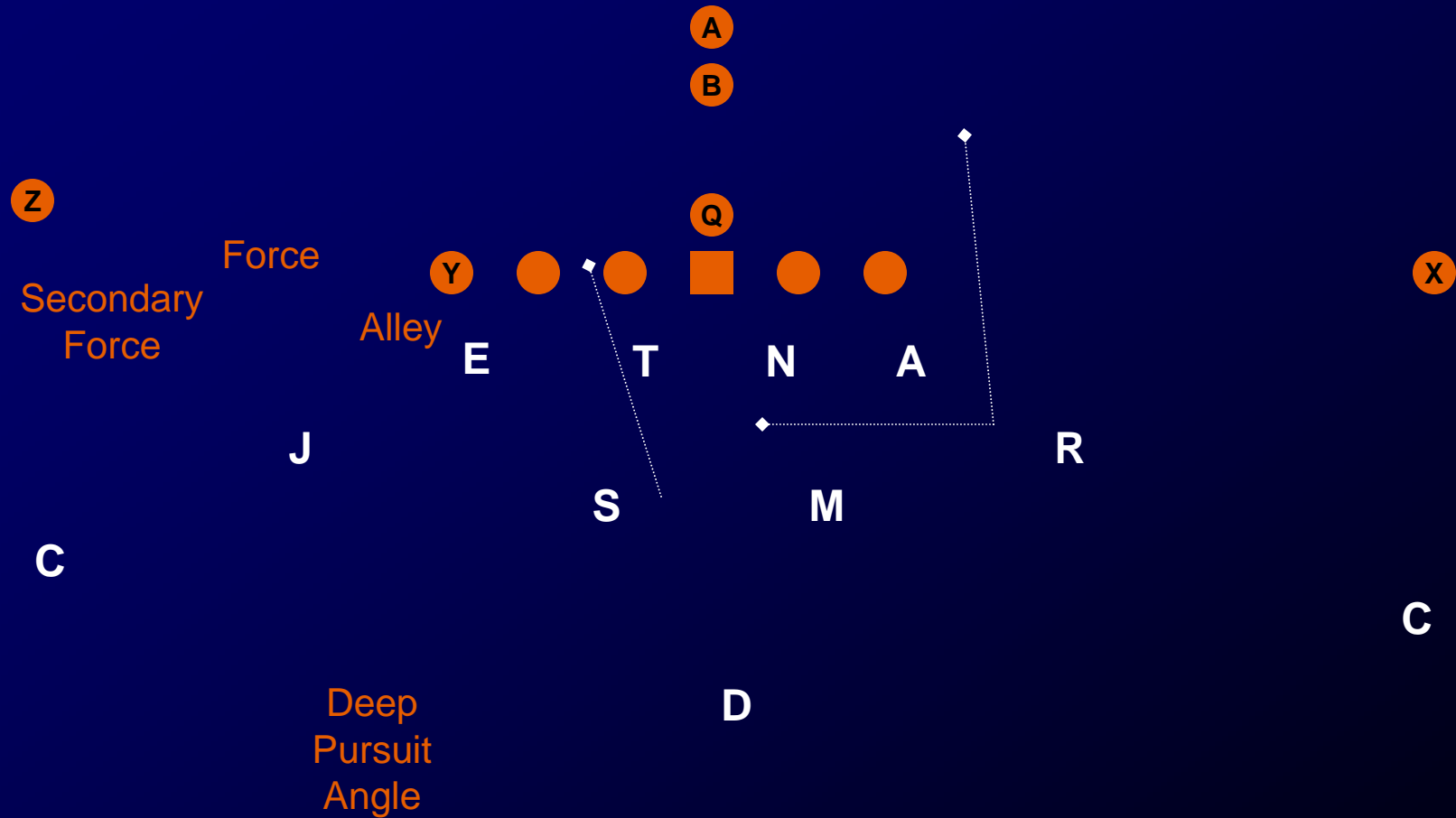
# Base 3 vs Option

- Base responsibilities:
  - Tackle and Nasty – Dive
  - End and Axe – Dive (Spill everything)
  - Stud and Mike – QB
  - Jack and Rover – Pitch
  - Dog – QB to Pitch, Fit-in
  - Corners – Secondary/Late Pitch
- Responsibilities change with the coverage



# Base 3

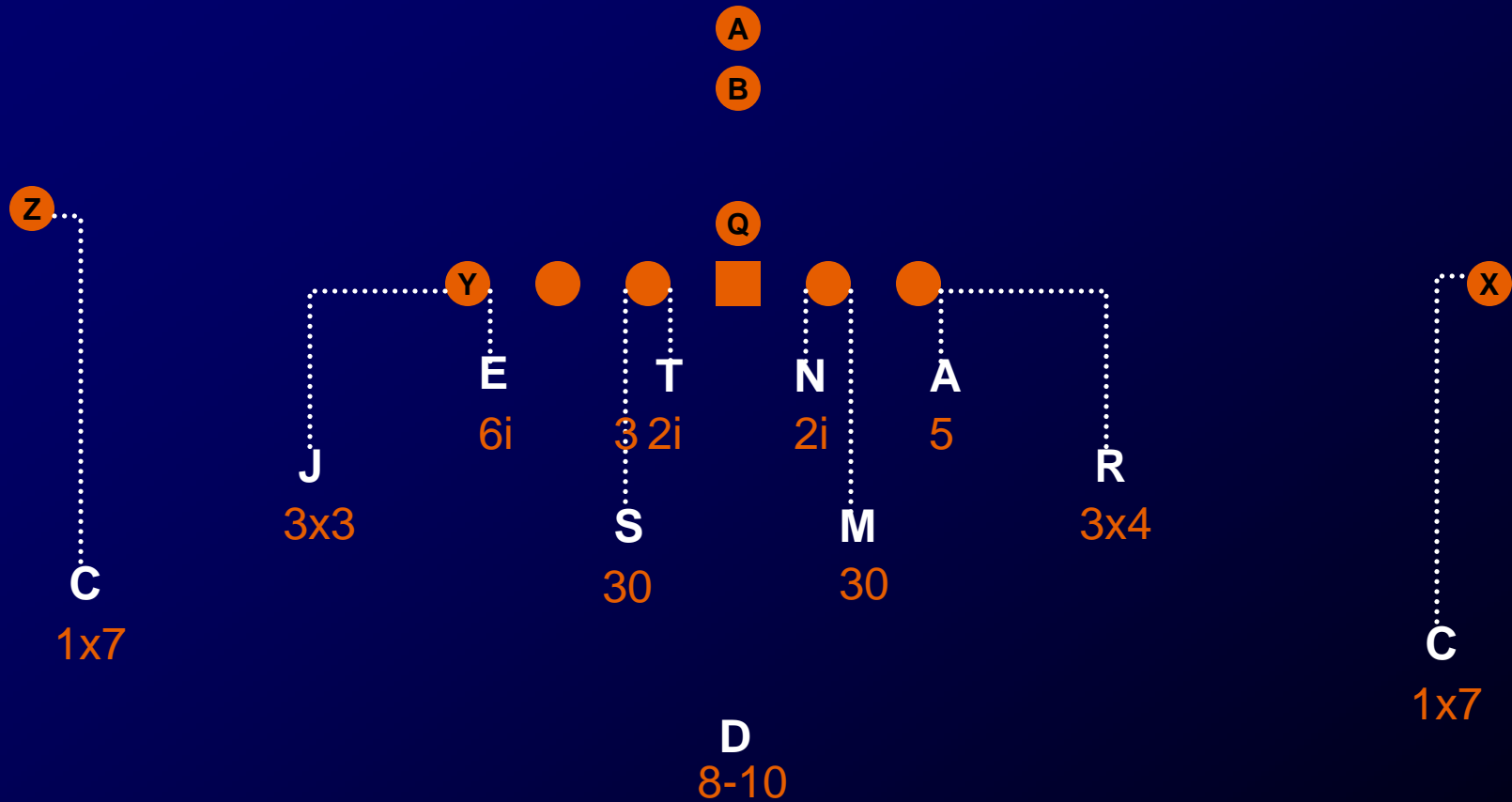
## Run Fits and Pursuit Angles



“Lucky” Call



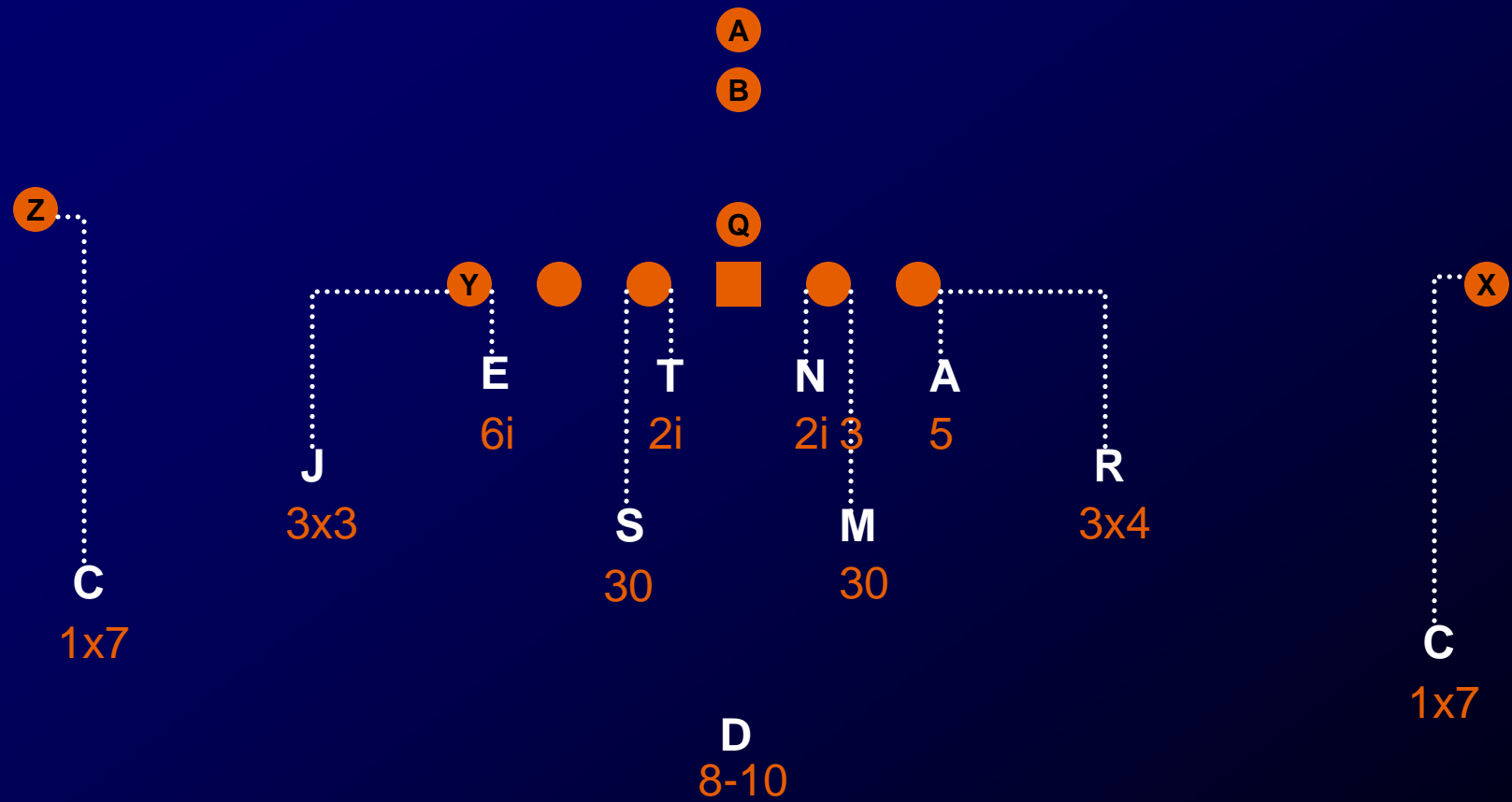
# Base G



“Lucky” Call



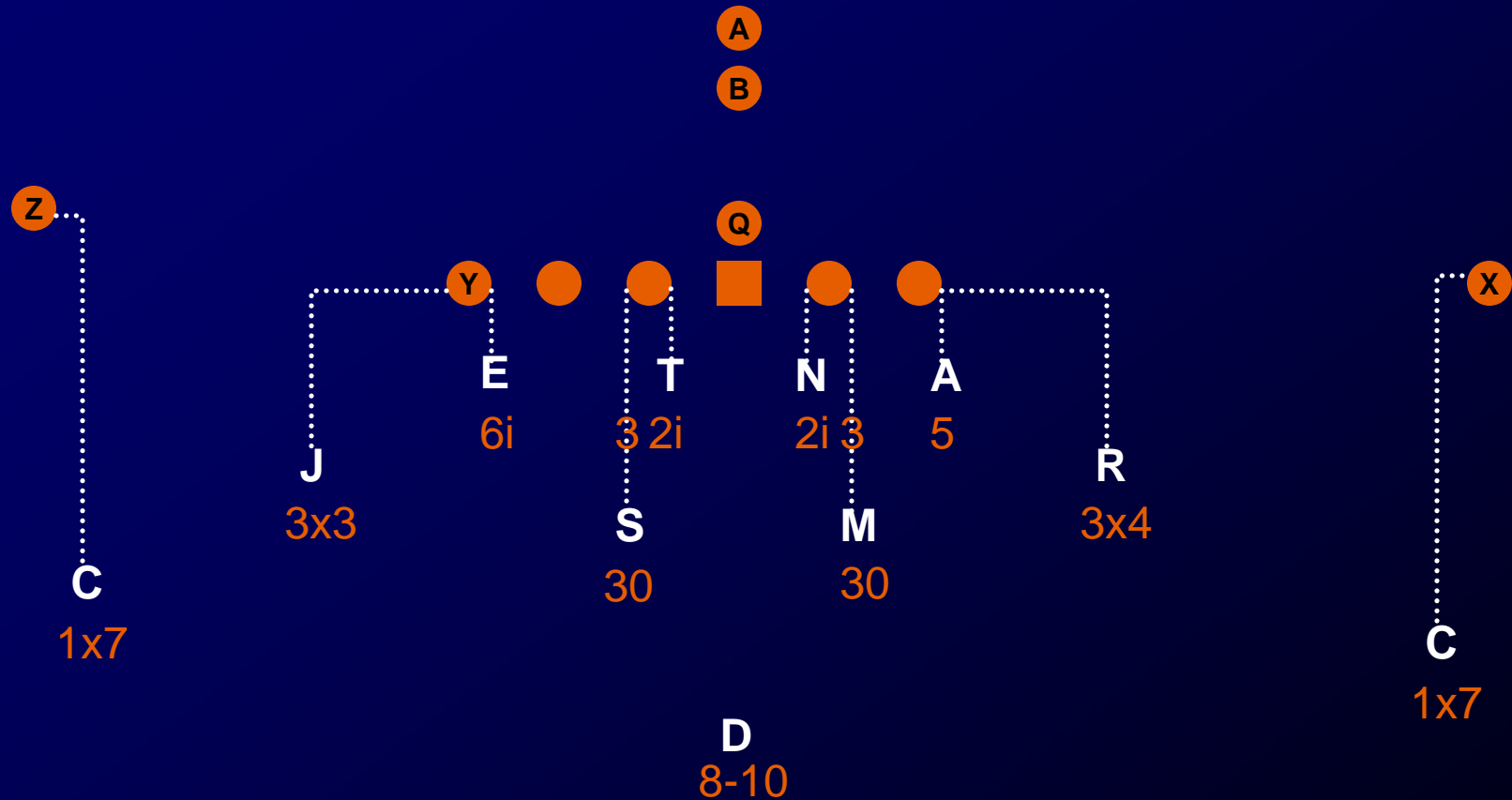
# Base X



“Lucky” Call



# Base Wide



"Lucky" Call

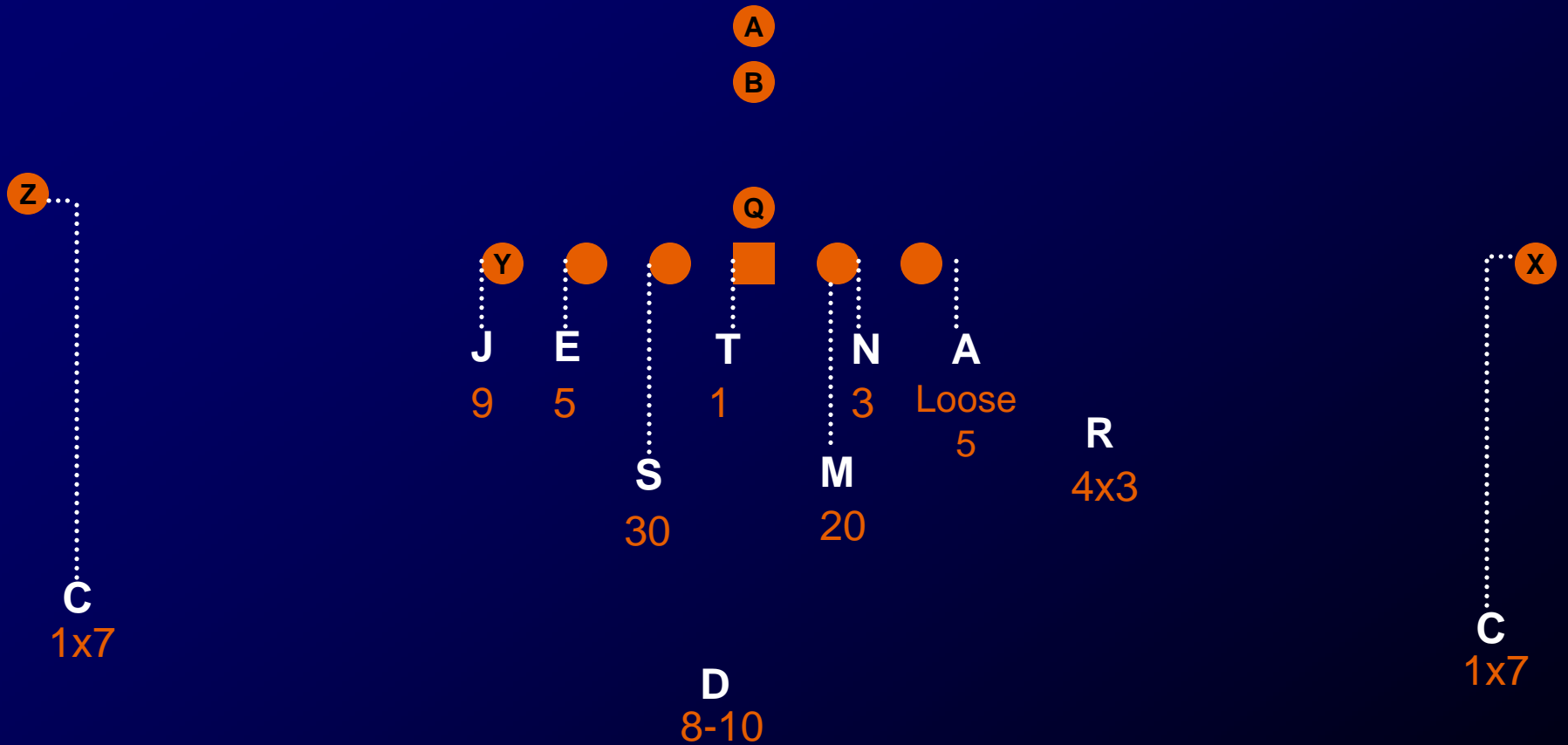


# Under



# Under

vs. Pro



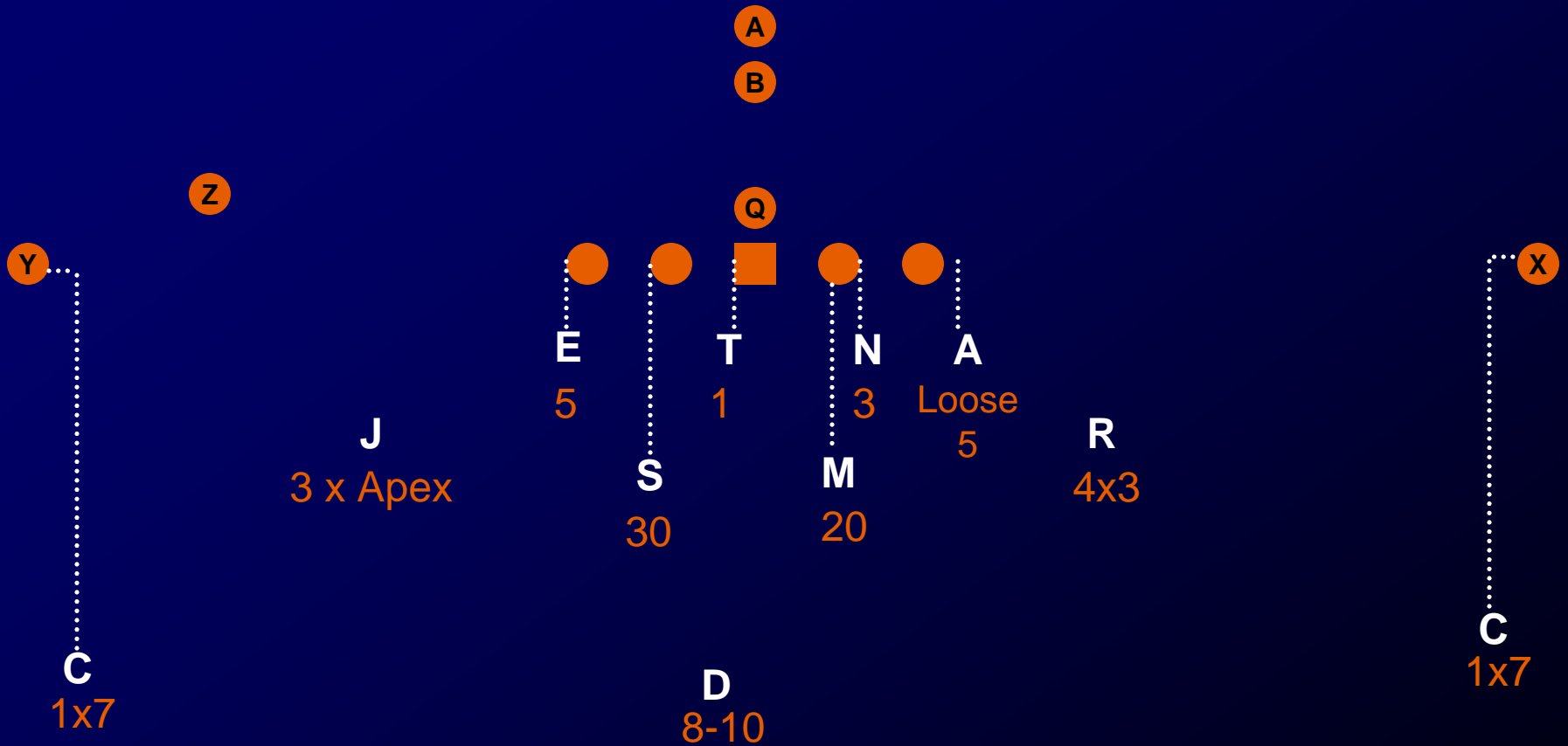
“Lucky” Call





# Under

vs. 3R

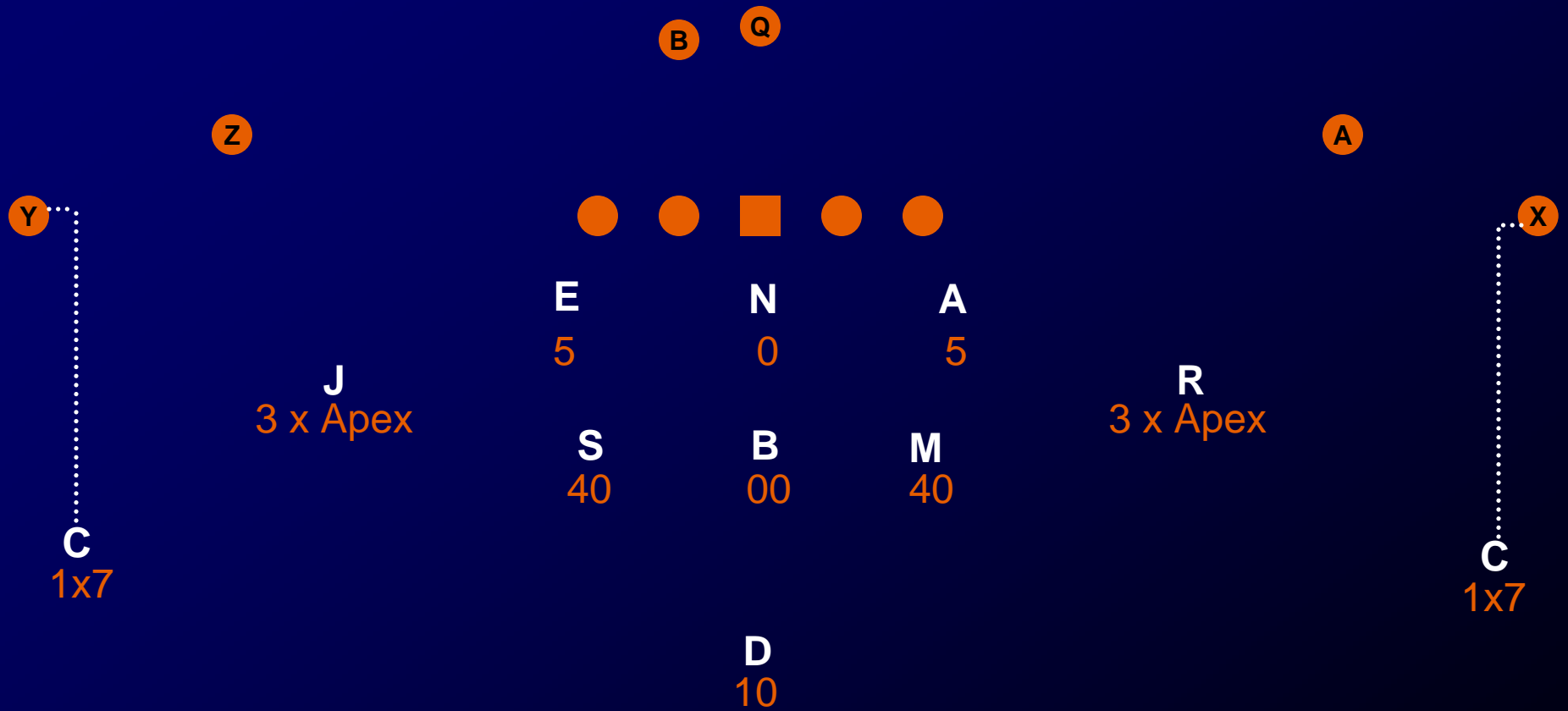


“Lucky” Call



# Stack

vs. Spread



“Lucky” Call



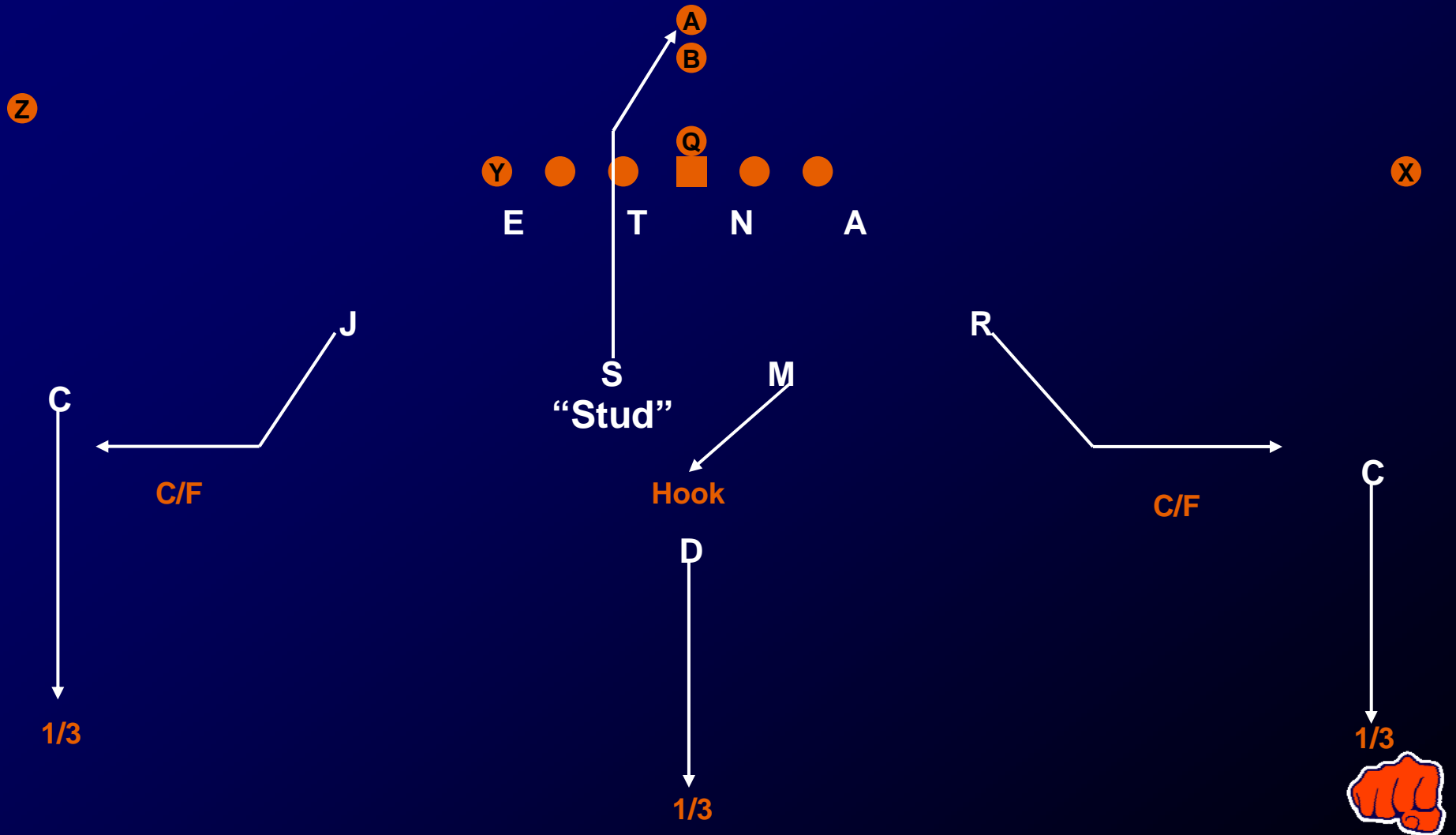
# Blitzes

- **COMMUNICATION IS KEY**
- Practice versus cans and bags
- Teach the linebackers to blitz a 1/3 of a man
  - Dip and Rip
  - Body Positon
- Run mostly with 3 (Cover 3)



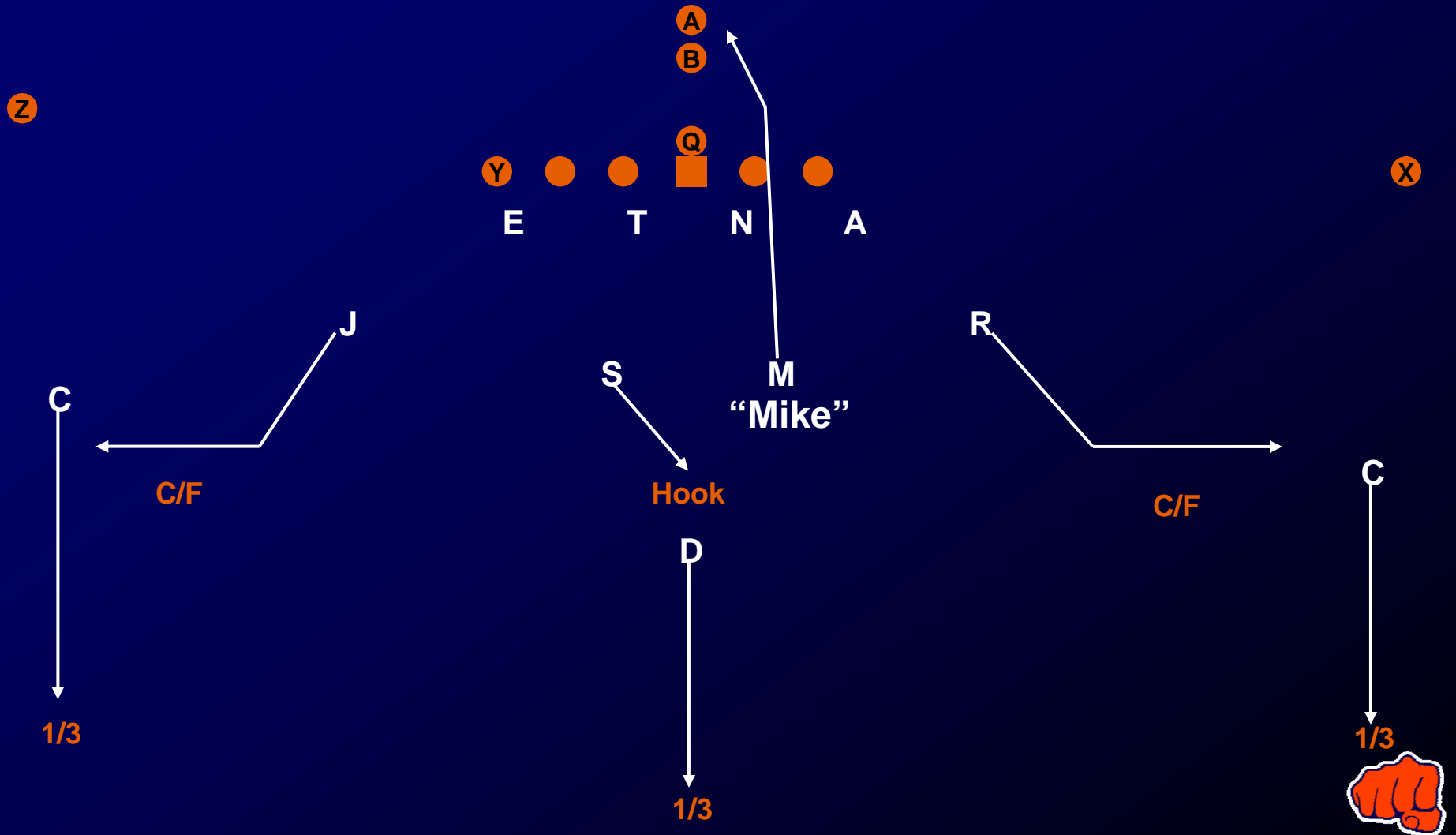
# Base Stud 3

"Lucky" Call



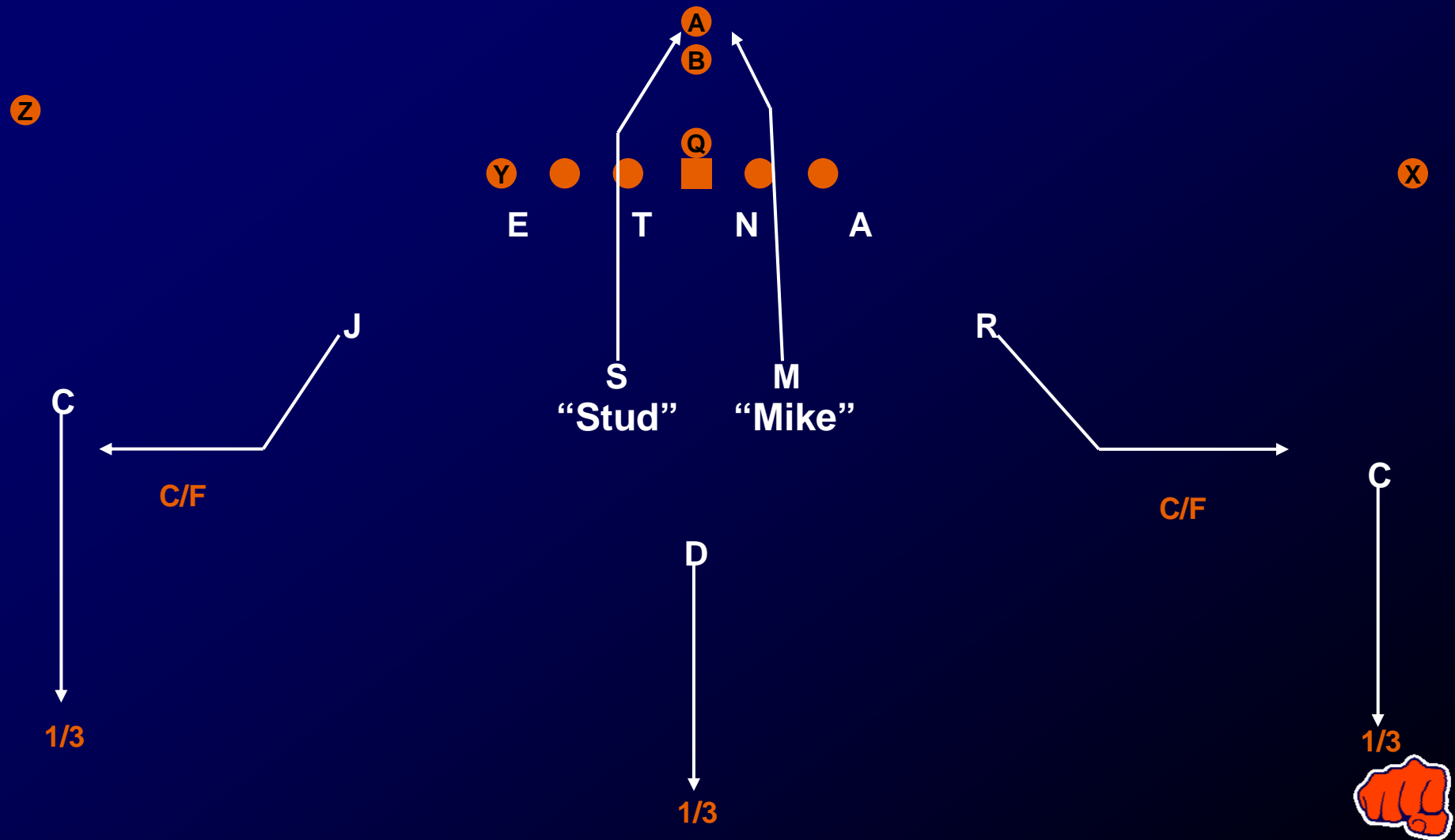
# Base Mike 3

"Lucky" Call



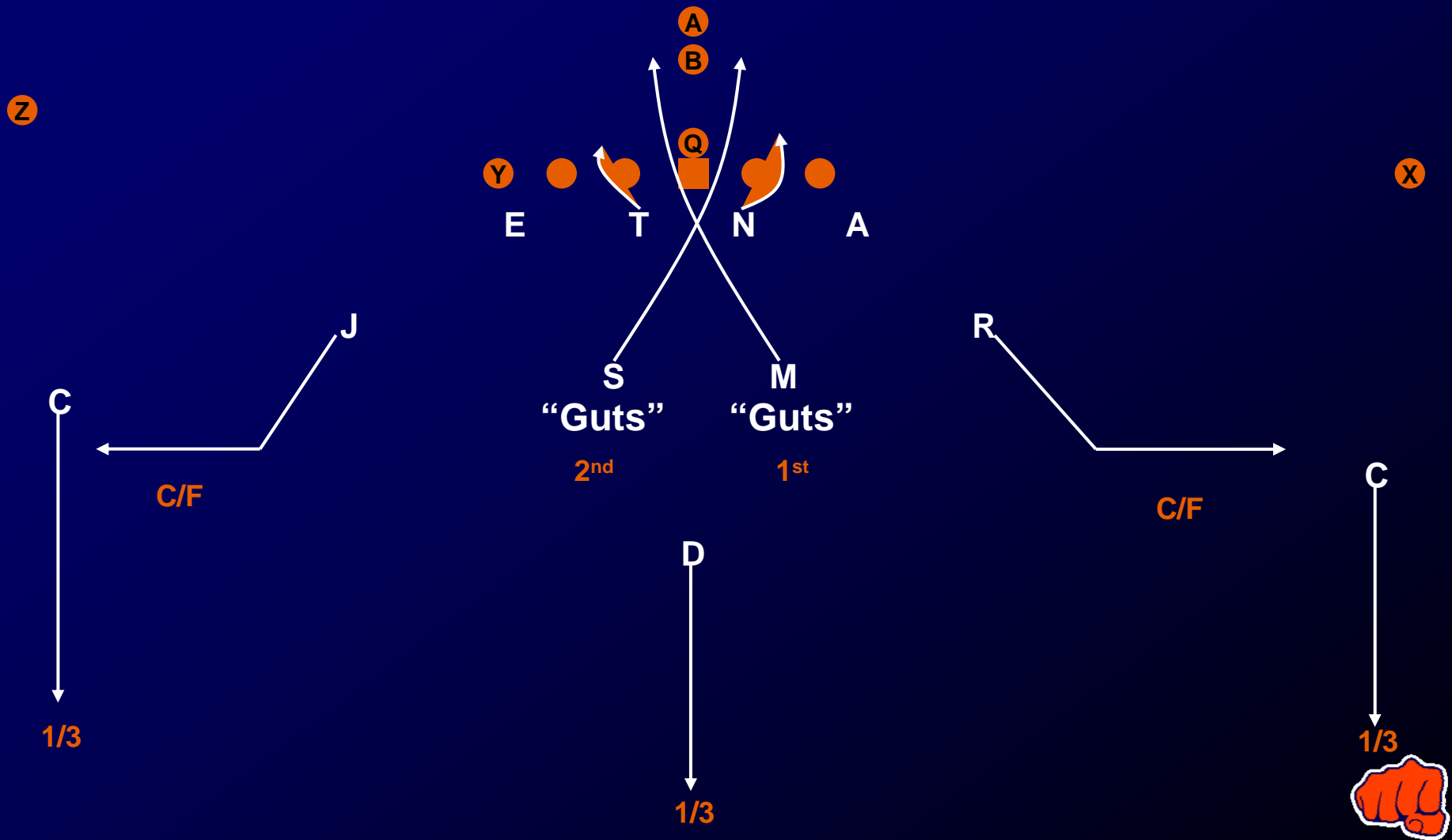
# Base Sam 3

"Lucky" Call



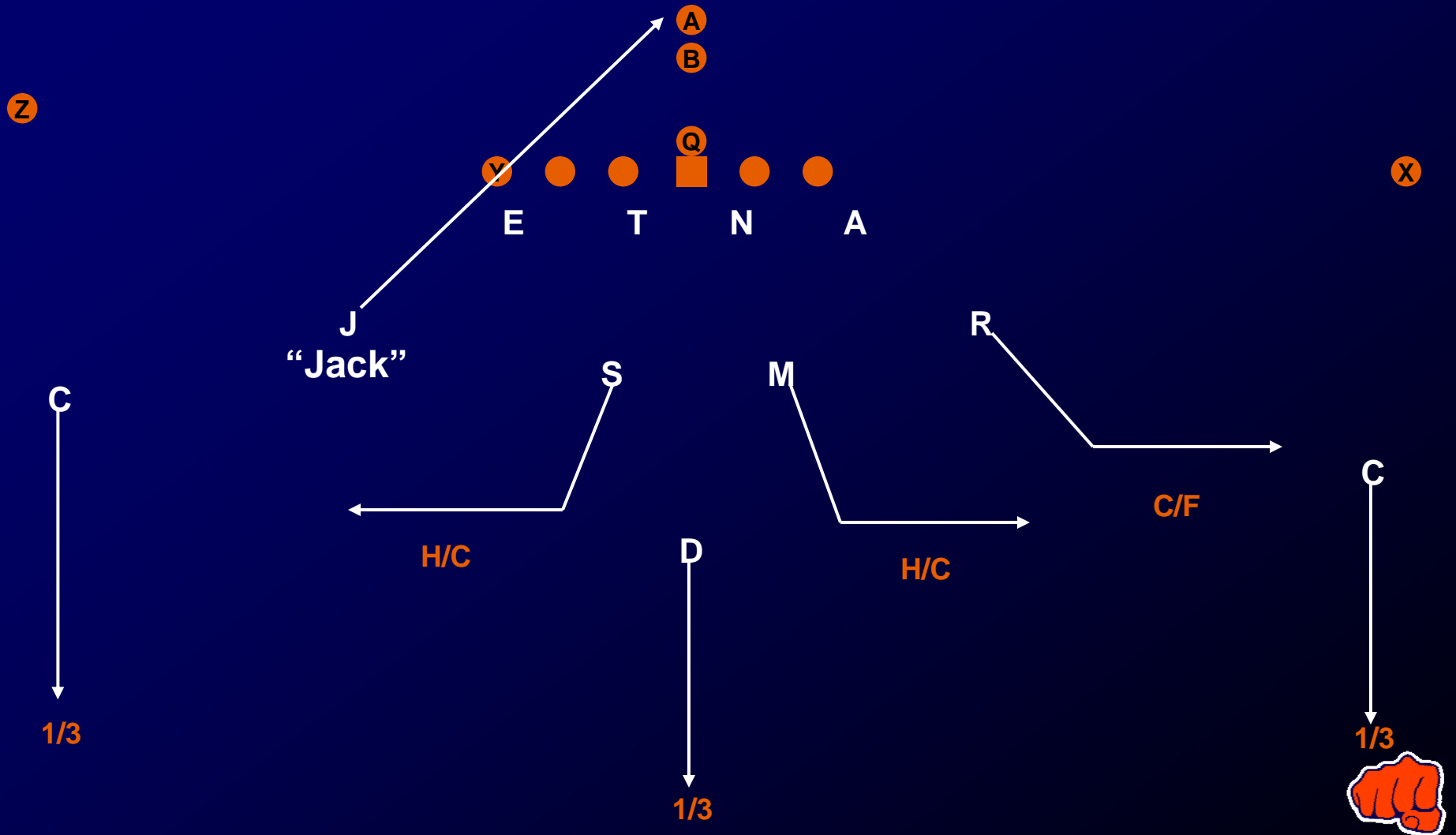
# Base Guts 3

“Lucky” Call



# Base Jack 3

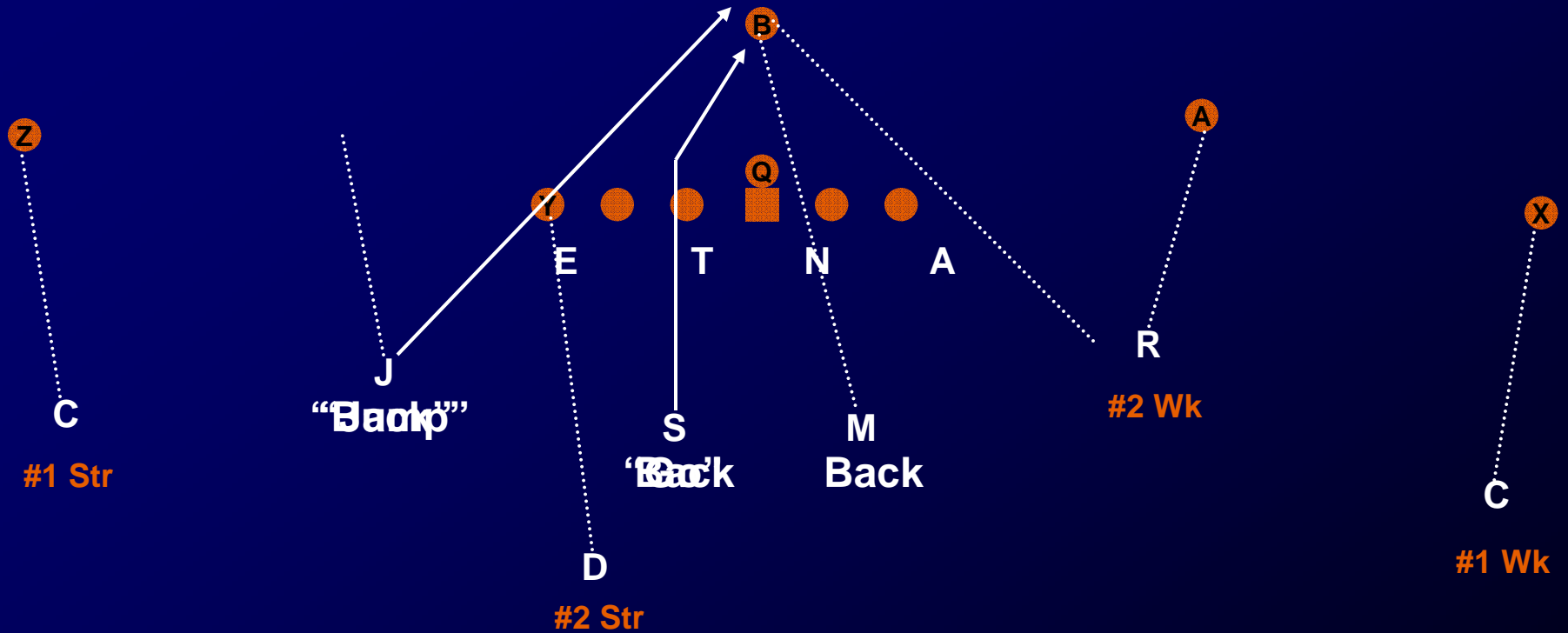
"Lucky" Call





# Base Jack Man

"Lucky" Call

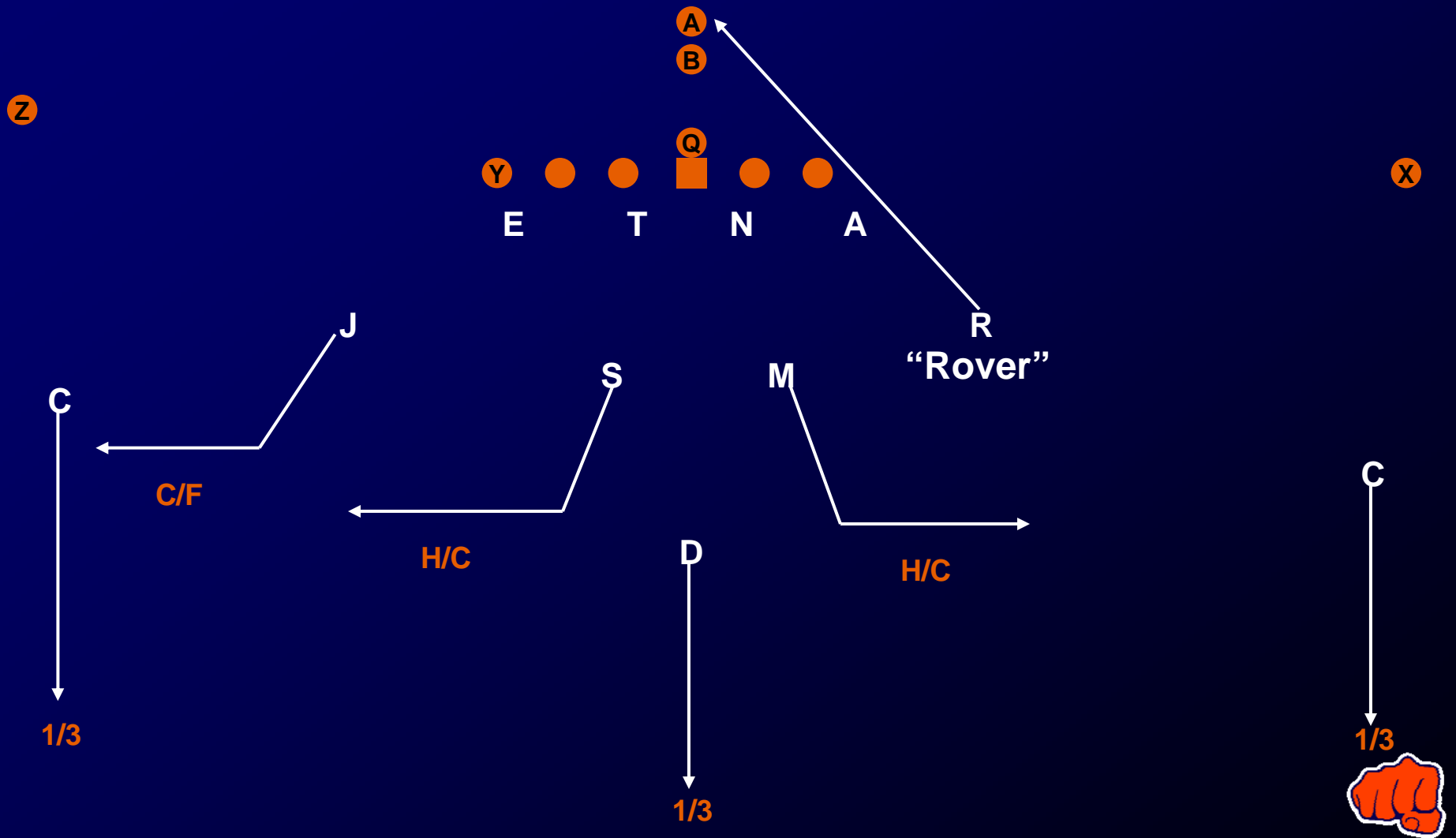


"Bump"  
Communicate



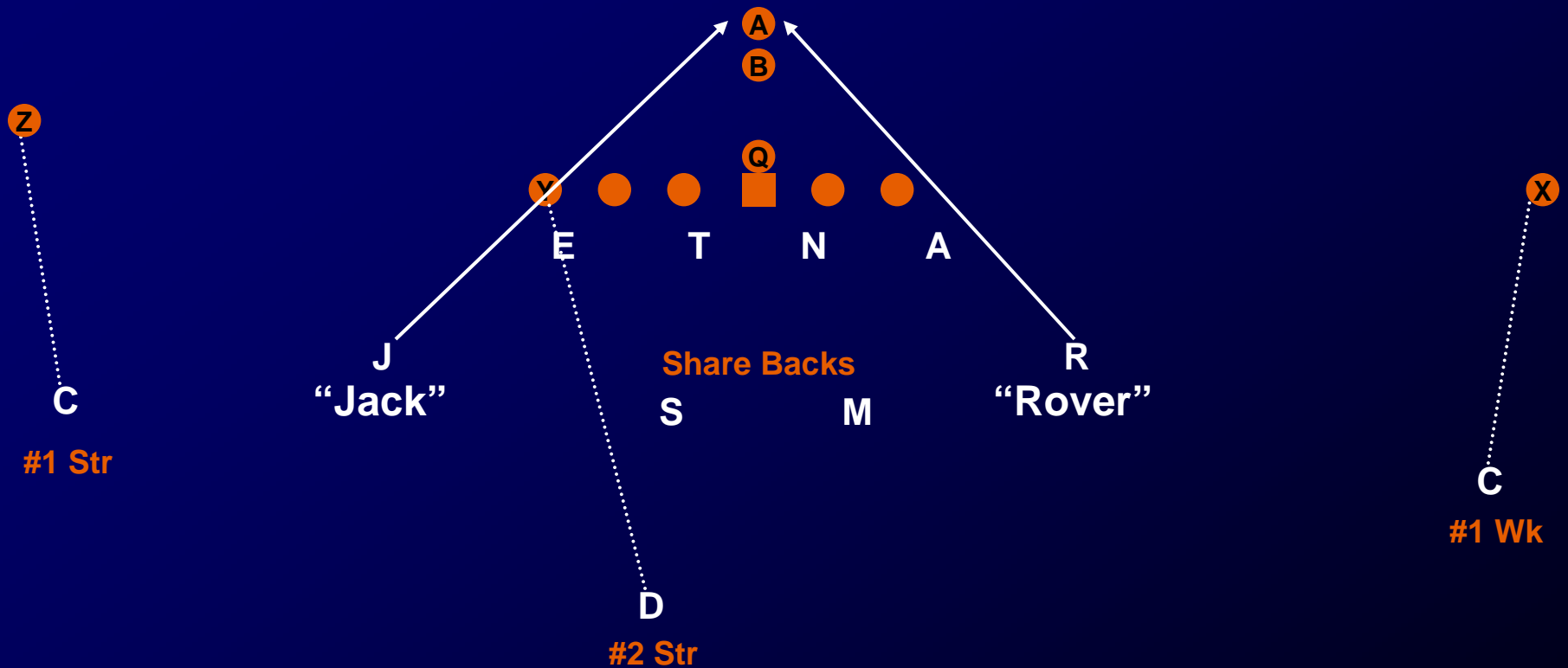
# Base Rover 3

"Lucky" Call



# Base Junior Man

"Lucky" Call



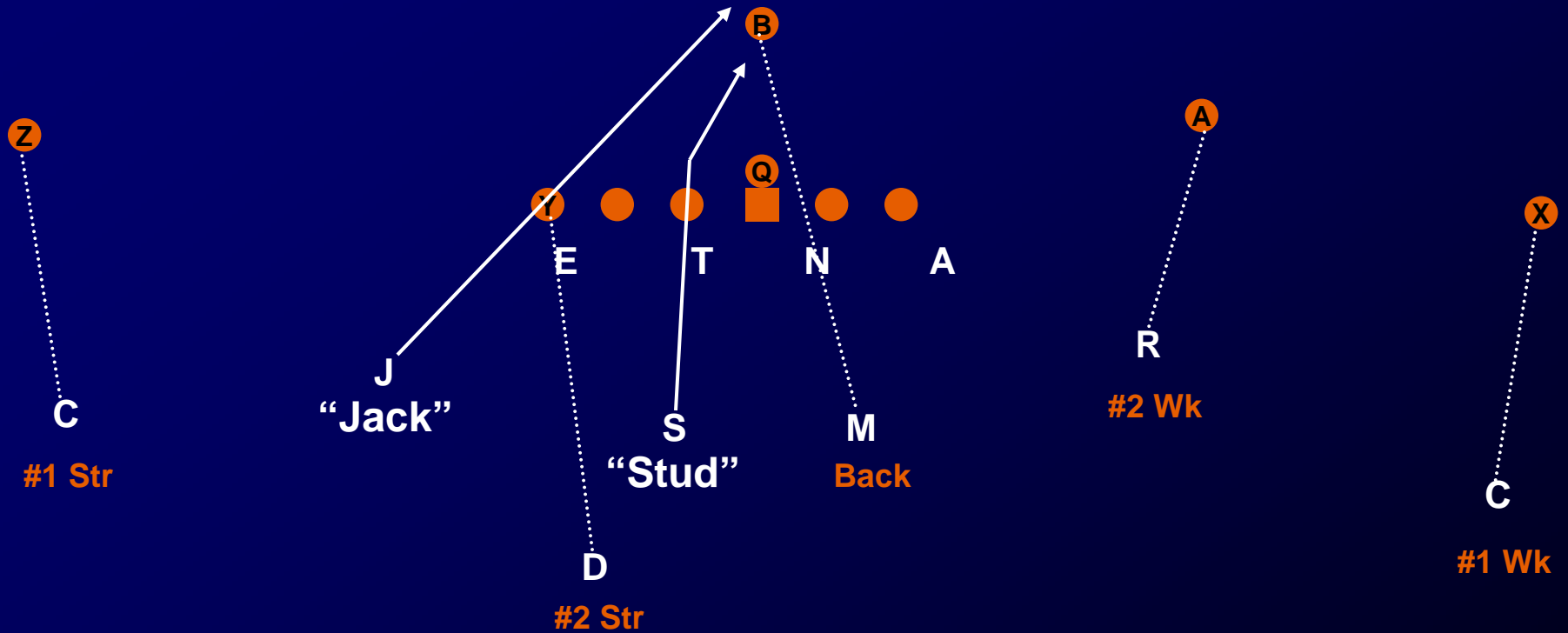
Communicate

Blitzes



# Base Jessie Man

"Lucky" Call

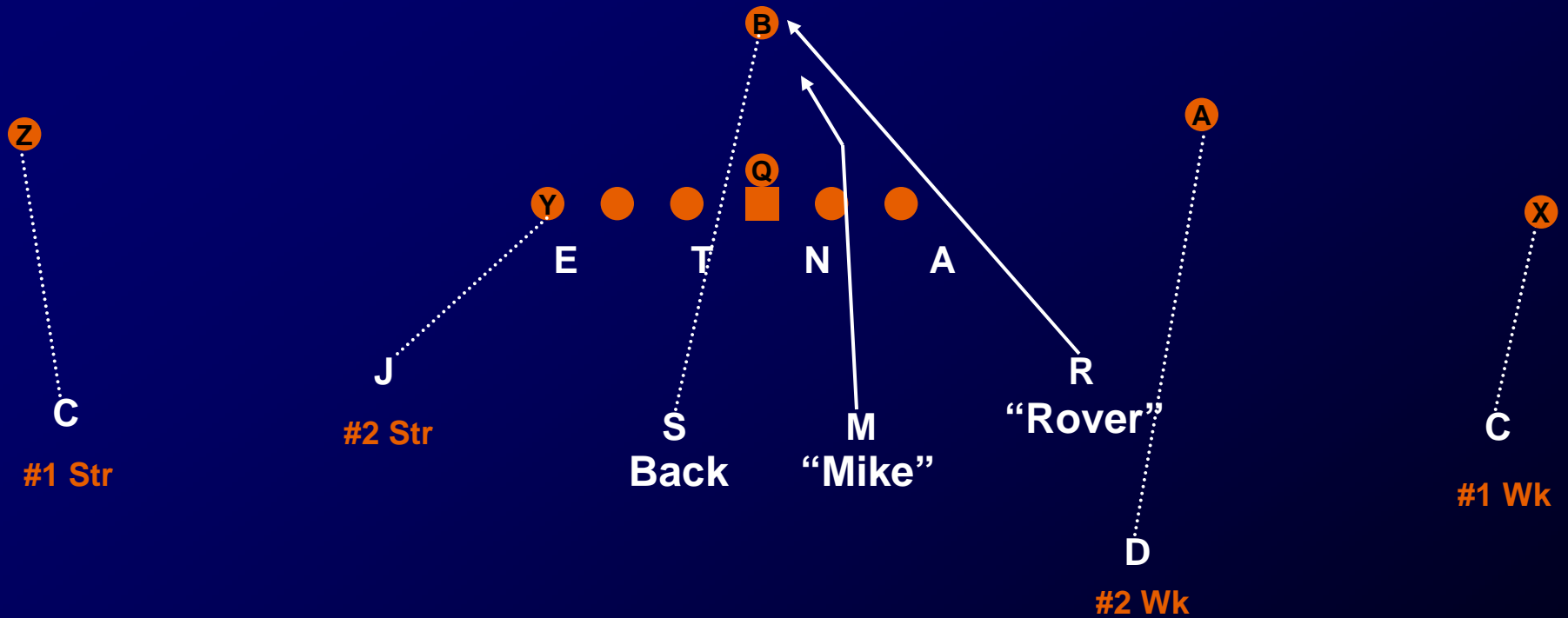


Communicate



# Base Rambo Man

"Lucky" Call

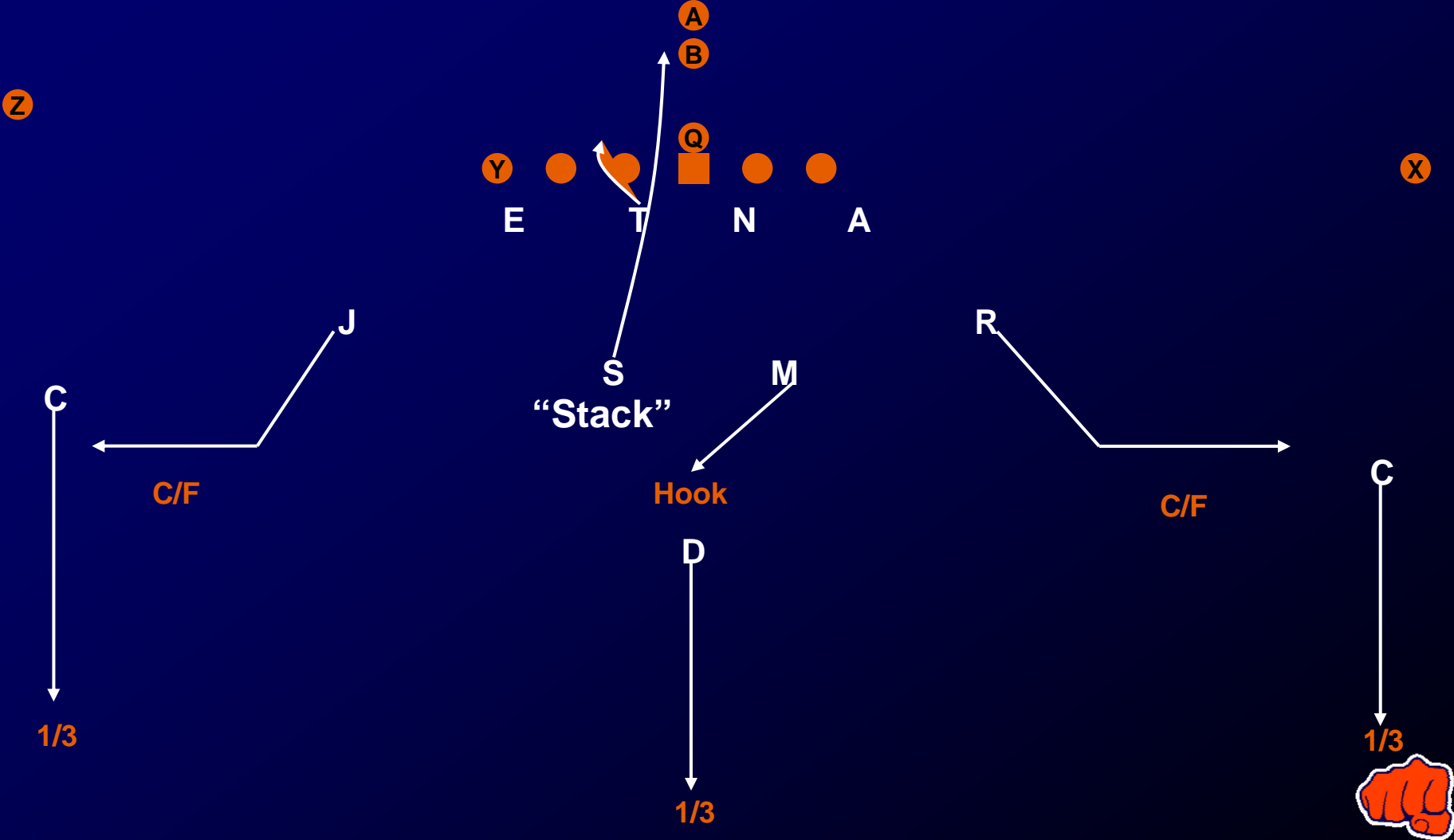


Communicate



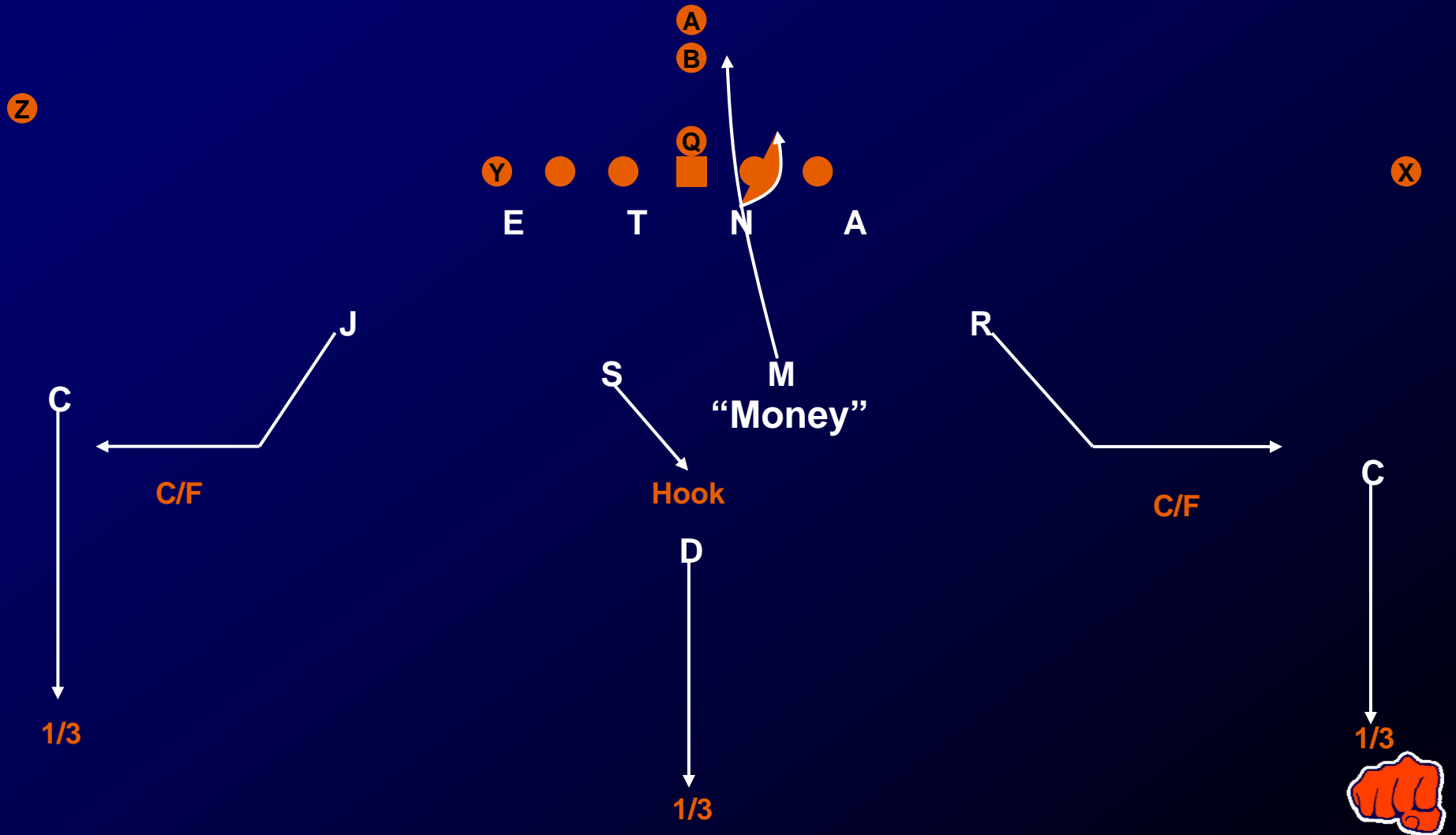
# Base Stack 3

"Lucky" Call



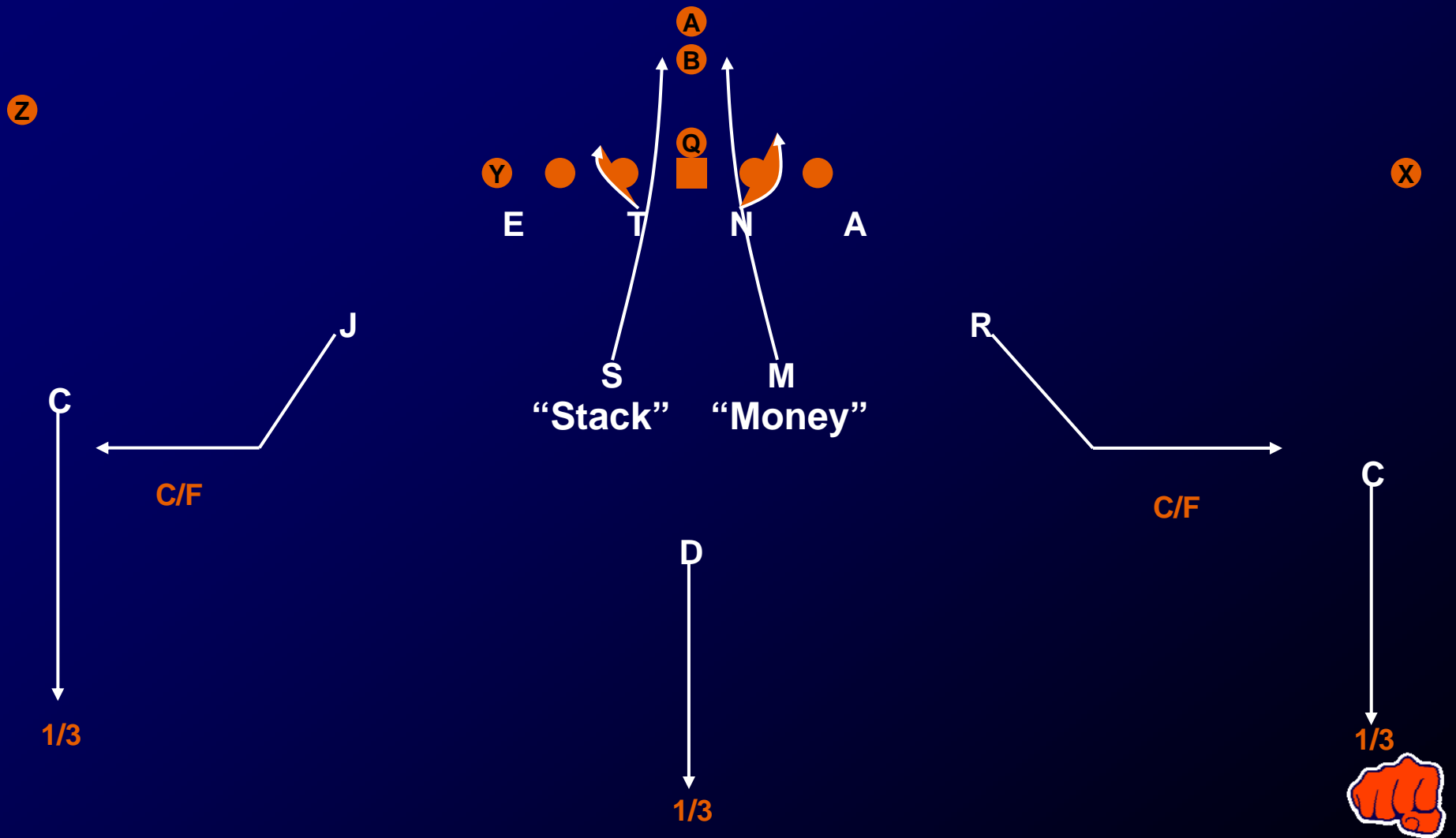
# Base Money 3

"Lucky" Call



# Base Monster 3

“Lucky” Call







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